



# **Kingsport Senior Center News**

**February 2014**

**Volume XXII Edition 2**

**1200 East Center Street  
Kingsport, Tennessee 37660**

## **7th Annual Dog Show**

**Tuesday, February 25**

**10:00a.m.-11:30a.m.**

**First Floor Atrium**

**Cost: Bring donation  
for animal shelter.  
(bleach, towels, cat/  
dog food)**

**Register your dog  
day of event.**



**Enter your dog in any of the following 10 categories. Prizes will be awarded. The animal shelter will be present with animals needing a loving home!!**

### **Categories**

- 1.Celebrity look Alike
- 2.Owner and Dog look alike
- 3.Best Trick
- 4.Most Adorable
- 5.Least Obedient
- 6.Most Glamorous Female
- 7.Most Handsome Male
- 8.Best Vocal Performance
- 9.Best Tail Wag
- 10.Best Dressed.

# Center News

### Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

### Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center is located at 1200 E. Center Street at the Renaissance Center. For more information call the Center at (423) 392-8400 <http://seniors.kingsporttn.gov>**

### Center Hours

**Monday thru Friday 8:00am ~ 7:00pm  
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site  
257 Walker Street  
Kingsport, TN 37665  
(423) 765-9047**

**Hours: 9am to 2pm ~ Monday ~ Friday  
(See Branch Site Page for more information)**

**\*The Exercise Room and Computer Lab will close 15 minutes prior to the closing of the Center.**

**Membership Dues  
For Fiscal Year  
July 1, 2013-June 30, 2014**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

**Must be at least 50 years of age to join.**

**"The Fun Begins at 50!"**

### Kingsport Senior Center Staff

Director ~ Shirley Buchanan  
shirleybuchanan@kingsporttn.gov  
392-8403

Branch Coordinator ~ Cindy Price  
cindyprice@kingsporttn.gov  
392-8402

Program Leader ~ Michelle Tolbert  
michelletolbert@kingsporttn.gov  
392-8404

Wellness Coordinator ~ Kevin Lytle  
kevinlytle@kingsporttn.gov  
392-8407

Program Leader ~ Marlana Williams  
marlanawilliams@kingsporttn.gov  
392-8405

Secretary ~ Marsha Mullins  
marshamullins@kingsporttn.gov  
392-8400, **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson  
janewhitson@kingsporttn.gov  
392-8406

Program Assistant ~ Amber Quillen  
amberquillen@kingsporttn.gov  
343-9713

Branch Program Assistant ~ Hannah Baker  
hannahbaker@kingsporttn.gov  
765-9047

Nutrition Site Manager ~ Sona Bingham  
246-8060

# WELLNESS

## Tennessee Men’s Basketball

Come join us as we travel to Knoxville on **Saturday, March 1, 2014** for the TN Vols Men vs. Vanderbilt. Cost is \$26.00, which includes your ticket and transportation. We will depart the Senior Center at 9:30 am and return around 4:30 pm. **Note:** Be sure to eat a good breakfast, since this game is at 12:00 noon we will be heading back home after game or you may want to pack a snack for the ride home. We have 45 tickets available and a (2) ticket limit per person, sign up begins **Wednesday, February 5, 2014, so mark your calendar!**

## TOURNAMENT

**Corn Hole Toss Tournament:** Come join us for a corn hole toss tournament on **Friday, February 21, 2014** at 12:00 pm in the Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Deadline for sign-ups is February 17, 2014.

## Billiards Tournament Winners

We would like to thank all our members who competed in the tournament on Wednesday, December 18, 2013. Our winners: 1st place: Roy Campbell, 2nd place: Roger Meade, and 3rd place: Ron Begley.



## Humor Quote of the Month

*Analyzing humor is like dissecting a frog. Few people are interested and the frog dies of it.*

**E. B. White**

## Fit Test

We will be doing a fitness test on **Wednesday, March 26, 2014** from 9:00 am to 10:30 am in Kevin’s office. We will test Body Fat%, Flexibility, Strength, and Weight using the 350 Body Composition Analyzer. Also your blood pressure will be taken. If you plan to participate in this event stop by the office to fill out some paper work and sign up for the test. All members are invited and we hope to see you there.

## Bowling For Turkey Winners

We would like to thank Michelle Bolling, Executive Director with Emeritus at Kingsport for sponsoring our bowling for Turkeys tournament, and all our members who competed in the tournament on Monday, November 25, 2013. Our winners: 1st place: Wayne McGee - 382, 2nd place: Joyce Manis - 374, and 3rd place: Frank Shanks - 282.



1st Row - L to R: Rhonda Boling, Nina Lacey, Patty Webb, Joyce Manis, Ann Marie Baker, Gladys Hayes  
2nd Row - L to R: Kevin Lytle, Bob Boling, Lee Lacey, Wayne McGee, Frank Shanks, Claudette Dazarne, Charles Gray, Rena Buonaccorsi, Paul Buonaccorsi

## Exercise Your Mind

During endurance exercise, your muscles release a protein that stimulates genes linked to better cognitive function. That protein, called irisin, was recently isolated by scientists at the Dana-Farber Cancer Institute, who administered it to sedentary mice. The result? Genes promoting the rodents’ brain health turned on. The finding may open the door to human gene therapies, so one day you may enjoy the mental benefits of training without the effort. Until then, release irisin by working out regularly for at least 30 minutes



# Daily Activities and Classes at the Center

## Monday

SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Massage Therapy ~ 9:00-2:00 ~ Multipurpose Room ~ (appointment only)  
Open Woodshop ~ 9:00  
Quilting ~ 9:00 ~ Room 303  
High Impact Aerobics ~ 9:15 ~ Gym  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Happy Day Singers ~ 9:45  
Clay Throwing Class ~ 10:00 ~ Clay/Ceramic Studio  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Knitting ~ 1:00 ~ Room 303  
Table Tennis ~ 1:00 ~ Gym  
Volleyball ~ 4:00 ~ Gym

## Tuesday

Massage Therapy ~ 9:00-2:00 ~ Multipurpose Room ~ (appointment only)  
Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Room  
Strength Training ~ 9:30 ~ Gym  
Basketweaving ~ 10:00 ~ Room 303  
Renaissance Strings ~ 10:00 ~ Atrium  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Dulcimer ~ 11:00 ~ Atrium  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Basketball ~ 4:00 ~ Gym  
Ballroom Video Class ~ 4:30pm ~ Room 302

## Wednesday

SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Intermediate Clay ~ 10:00 ~ Clay/Ceramic Studio  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Intermediate Clogging ~ 11:15 ~ Room 302  
Hand and Foot Card Game ~ 12:30 ~ Card Room  
Belly Dancing ~ 1:00 ~ Room 302  
Table Tennis ~ 1:00 ~ Gym

## Thursday

Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Strength Training ~ 9:30 ~ Gym  
Beginning Clogging ~ 10:00 ~ Room 302  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Belly Dance ~ 11:30 ~ Room 302  
Jam Session ~ 12:30 ~ Cafeteria  
Volleyball ~ 1:00~ Gym  
Pickleball ~ 4:00 ~ Gym

## Friday

SilversSneakers Classic~ 8:15 ~ Gym  
Genealogy Group ~ 9:00 ~ Computer Lab  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Pickleball ~ 1:00 ~ Gym  
Bridge Group ~ 1:00 ~ Card Room  
Mahjong ~ 1:30 ~ Multipurpose Room

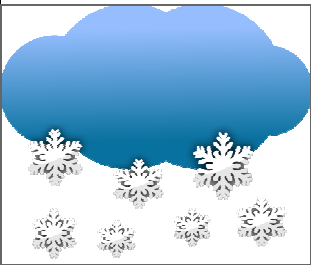
## Saturday

Basketball ~ 9:00 ~ Gym  
Table Tennis ~ 10:30 ~ Gym

### Kingsport Senior Center Inclement Weather Policy

**The Kingsport Senior Center will follow the Kingsport City School schedule for inclement weather.**

This means if a snow schedule occurs the center will delay their opening or if the schools are closed for inclement weather the center will cancel **ALL** classes. The building will still be open but all classes will be cancelled. In the event of ice or snow occurring during the day, the center reserves the right to close early.



TRAVEL AND SPECIAL EVENTS

**Making Valentine’s Day Cards with Girl Scouts** ~ Thursday, February 6, 2014 ~ Cafeteria ~ 5:00p.m.-7:00p.m. ~ Refreshments and cards supplied by troop. **Sign up now.**

**OTLB: Farmer’s Daughter Restaurant**~ Friday, February 7, 2014 ~ Chuckey, TN ~ 10:45a.m.-2:30p.m.~ Cost: \$8.00 at sign up. Bring \$13.67 cash only day of trip. **Only one spot left at time of print.**

**Cooking with Tracy** ~ Monday, February 10, 2014~ Lounge ~ 12:30p.m.-2:00p.m. ~ Cost: \$2.00 paid to instructor. **Sign up now.**

**Candlelight Dinner** ~ Tuesday, February 11, 2014 ~ Room 310 ~ 5:30p.m.-7:oop.m. ~ Cost: \$12.00 per person ~ Food sponsored by Food City: Pasta bar/ salad/ breadsticks/dessert/coffee/tea/water. **Sign up now!**

**Smoke on the Mountain Homecoming** ~ Wednesday, February 19, 2014 ~ Wytheville, VA ~ 9:45a.m.-6:00p.m. ~ Cost: \$45.00 all inclusive. **Only one spot left at time of print.**

**Shopping & Lunch: Lights at Stone Mill and Lunch at Redlobster** ~ Thursday, February 27, 2014 ~ Abington, VA ~ 10:30a.m.-3:30p.m. ~ Cost: \$8.00 and lunch on your own. Lights at Stone Mill includes two floors of merchandise: Crafts, gifts, vintage toys, country kitchen, indoor and outdoor apparel and more. **Sign up now.**

**AARP Income Tax Appointments**

Need tax assistance? Come by the front office or call 392-8400 and schedule your appointment with AARP Tax Aide. Appointments begin February 6-April 10 on Thursdays. Reserve your one our appointment spot today!  
**\*Computer lab will be closed during tax assistance hours\***

**Basic Beginning Painting**

Friday, February 21, 2014  
1:00p.m.-4:00p.m.  
Room 303

Cost: \$20.00 paid to instructor day of class

Supply list available at sign up  
Instructor: Ann Thwaites

Focus will be on hearts and flowers.

Sign up now.

**Weekly Informal Painting Class for all levels**

Thursday’s beginning February 6.  
1:00p.m.-4:00p.m.  
Room 303

Cost: \$10.00 paid to instructor

This is an informal class in which everyone works at their own pace. Students work on projects of their own choosing in any medium, including, but not limited to: oil, pencil, acrylic, pastel, watercolor, collage/ mixed media.

**Instructor: Ann Thwaites**

TRAVEL AND SPECIAL EVENTS

Barter Theatre Presents:  
"I Do, I Do, I Do"

Tuesday, March 25, 2014  
Abington, VA  
10:30a.m.-6:00p.m.

Cost: \$20.00/ticket and transportation  
Lunch is on your own at Shoney's.

A brand new romantic comedy from the writer of Don't Dress for Dinner and Perfect Wedding. Diana has it all: beauty, intelligence, a sweet nature. There's just one problem: it's one week before her wedding and she has promised herself to three different men. How shall she decide? You'll be guessing until the final moments in this hilarious romp of misadventure and loves lost and won.

Rated mature/ sexual preferences.

Sign up begins February 5.  
\*\*Deadline for sign up is March 11\*\*

OTLB: Applewood Farmhouse

Friday, March 14, 2014  
Pigeon Forge, TN  
9:30a.m.-4:00p.m.  
Cost: \$21.75 all inclusive at sign up

Lunch Menu– Vegetable soup, mashed potatoes, green beans, buttermilk biscuit and apple cobbler. Choice of coffee, tea, soft drink or water. Choice of one Entrée: Country chicken salad, southern fried chicken, sugar cured ham, homemade meatloaf, grilled chicken, pork loin or chicken and dumplings.

Sign up begins February 5.

Barter Theatre Presents:  
"Dryad: An Appalachian Tale"

Tuesday, April 29, 2014  
Abington, VA  
10:30a.m.-6:00p.m.

Cost: \$20.00/ticket and transportation  
Lunch is on your own at Logan's Roadhouse

dry'ad (in folklore and Greek mythology) a nymph inhabiting a forest or a tree, esp. an oak tree; legend holds that if you free a dryad, you will be rewarded with a kiss... The Great Depression has hit the Appalachian Mountains pretty, hard, and things are looking bleak when Lena finally leaves her no-good husband and goes home to her daddy's farm. To make matters worse, the Chesnut trees that locals have always depended on are dying off, one by one. When a mysterious young girl appears, Lena and her family's lives are changed forever. But where did the girl come from, and what does she want?

Sign up begins February 5.  
\*\*Deadline for sign up is April 12.\*\*

Wii Bowling Recruitment Day

Monday, February 3, 2014  
1:30p.m.-2:30p.m.  
Multipurpose Room

We are looking for new members for our "Up Your Alley" Wii bowling team. Last year the Wii bowlers traveled to Dallas, TX where they participated in a Wii bowling tournament and finished 2nd. Come and find out what Wii bowling is all about. The current team will be there to answer any questions. Also get a free "Up Your Alley" tshirt when you become a team member!

# Your Page

## From the Dancing Corner

### **VALENTINE DANCE AT THE RENAISSANCE CENTER**

The February dance, sponsored by Friends of the Kingsport Senior Center, will feature KIDS OUR AGE band. Celebrate Valentine's Day with this group on Friday evening, February 14, 2014. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person.

KIDS OUR AGE BAND has been entertaining this area for over 20 years with a pleasing mixture of songs including ballroom standards, beach music, classic rock and pop favorites. David Riggs is the centerpiece of the group and lead vocalist / guitarist. James Lane grooves on keyboard and Jim Philyaw is featured on drums. Come out and enjoy the music and dancing!



## Massage Therapy

Mondays and Tuesdays  
9:00a.m.-3:00p.m. with Barbara Keescker  
call 423 - 735-7475  
30 minute massage  
Cost: \$15.00  
Call to schedule appointment

## Lunch at Elmcroft With a panel discussion on senior healthcare options

Tuesday, March 11, 2014  
12:00p.m.-1:30p.m.  
FREE

Elmcroft will come pick up members at the center for lunch starting at 11:00.

50 person max!

Sign up begins on February 11.

## St. Patrick's Day Party

Monday, March 17, 2014  
12:30p.m.-1:30p.m.  
Cafeteria  
FREE

Wear your green!!!

Sign up begins February 17.

NEWS TO USE	
<p><b><u>Public Hearing</u></b></p> <p>The First Tennessee Area Agency on Aging &amp; Disability will conduct a hearing to present their <b>July 1, 2014-June 30, 2018 Area Plan.</b></p> <p>Residents of the eight counties of northeast Tennessee are invited to attend.</p> <p>Attendees will be able to and are encouraged to participate in the discussion of the plan.</p> <p>The hearing will be held at the <b>Kingsport Senior Center</b> (Cafeteria) On <b>Thursday, February 27, 2014 10:00a.m.</b></p> <p>For more information call (423) 722-5102</p> <p>Light refreshments will be served at 9:45a.m.</p>	<p><b><u>A Tasty Treat from Marsha</u></b></p> <p>It doesn't seem enough to just say "Thank you"! I am so very appreciative of all the kind words, visits to the office, attendance for the retirement party, gifts, cards or anything else that was done to make my last day memorable. I shall treasure all the memories I have of the Senior Center always!!!!</p> <p>Sincerely, Marsha Mullins</p> <hr/> <p><b>Sweet and Spicy Bacon Chicken</b></p> <p><b><u>Ingredients</u></b></p> <p>4 chicken breasts cut in thirds (12 pieces) May use chicken tenderloins Bacon slices Salt and pepper to taste Garlic powder Chili powder Brown sugar</p> <p>Cut each breast into 3 pieces, season all the chicken with the spices, then wrap a piece of bacon slice around each piece, roll in brown sugar and place into an oven proof dish. Bake at 400 degrees for 30-40 minutes or until chicken is cooked through and bacon is crispy. May also be grilled.</p>



**Computer Class Schedule**

**Basic Computer (Six weeks)-** \$25.00—Tuesday’s Jan. 7, 14, 21, 28 Feb. 4, 11—1:00-3:30pm

**Basic Internet (four weeks)** - \$25.00– Tues- day’s Feb. 18, 25 Mar. 4, 11 (1:00-3:30pm)

**Internet Security (all day course)** - \$25.00- Tuesday, March 18– 9:00-11:00am, return from 1:00-3:30pm

**iPad-Sharing music/pictures-** \$10.00 paid to instructor– Saturday, February 1, 2014– 9:30a.m.- 11:30a.m.– Card Room– Bring your device– Sign up now.

**iPad as a learning tool; using iTunes and ac- cessing libraries-** \$10.00 paid to instructor– Sat- ursday, February 8, 2014– 9:30a.m.-11:30a.m.– Card Room– Bring your device– Sign up now.

**Ipad Basics-** \$10.00 paid to instructor– Saturday, February 22, 2014– 9:30a.m.-11:30a.m.– Card Room– Bring your device– Sign up now.

**Upcoming computer classes in March:  
Silver Surfers : including Twitter/Vines and Instagram**



**Genealogy Group , 9:00 am Friday’s**  
**Computer lab is available when not being used for class.**

**Interested in Needle Tatting?  
If so, call the senior center office.  
We need 5 to schedule a class.**

**Bob Ross Painting Class**  
**Wednesday, February 19, 2014**  
**Room 303, 10:00a.m. — 2:00 p.m.**  
**Cost: \$50.00 includes all supplies, sign up by Feb 17**  
**See example in display case by billiards room**  
**Instructor: Jay Holdway**

**Generations Online Internet Class**

Mondays, Wednesdays and Fridays  
1:00pm - 5:00pm

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. “Peer Coach” - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you.  
Please call 392-8433.

**Manicures**

Provided by DB Cosmetology students  
Tuesday, February 11, 2014  
Appointments are 11:30 a.m.—1:30 p.m.  
1 Hour appointments  
Cost: \$2.00, paid to manicurist  
Sign up in the senior center office



**KARAOKE**  
**Tuesday, February 18, 2014**

**Volunteers Wanted**

(See Michelle if interested)

Making Valentine Cards with Girl Scouts - Feb 6  
Candlelight Dinner - Feb 11  
“Are You Fit to Flirt” - Feb 18  
Dog Show - Feb 25  
Wrapping utensils for upcoming meal programs

\*Check out the Volunteer Board by the office too\*

**Thank You Volunteers!**

**Library Book Day**

Thursday, February 20, 2014

Winter Session Classes 2014		
<p><b>Happy Day Singers</b></p> <ul style="list-style-type: none"> <li>Monday</li> <li>Time: 9:45am</li> <li>Inspirational singing at nursing homes</li> </ul> <p><b>Jam Session</b></p> <ul style="list-style-type: none"> <li>Thursday</li> <li>Time: 12:30 noon</li> <li>Location: Cafeteria</li> </ul> <p><b>Karaoke</b></p> <ul style="list-style-type: none"> <li>3rd Tuesday each month</li> <li>Time: 4:00pm</li> <li>Location: Cafeteria</li> <li>Bring a snack</li> </ul> <p><b>Knitting Class</b></p> <ul style="list-style-type: none"> <li>Monday</li> <li>Time: 1:00 - 3:00pm</li> <li>Location: Room 303</li> <li>Instructor: Barbara White</li> <li>All skill levels</li> </ul> <p><b>Lap Swimming</b></p> <ul style="list-style-type: none"> <li>M-F</li> <li>Time: 10:00am-Noon</li> <li>Location: Aquatics Center</li> <li>No instructor, lap swimming</li> <li>Locker room and warm water pool available for use.</li> </ul> <p><b>Machine Quilting</b></p> <ul style="list-style-type: none"> <li>Monday (January 27-March 7)</li> <li>Time: 11:00am-12:30pm</li> <li>Location: Room 303</li> <li>Cost: \$40.00 senior center members, \$50.00 non-members, paid to instructor</li> </ul> <p>Sandwiching, basting grid quilting, ditch quilting, free motion quilting and binding          You'll need: Sewing machine, basic sewing supplies, small quilt top (crib size or smaller) or piece of "cheater cloth" walking foot, darning foot, extension table.</p>	<p><b>Mahjong</b></p> <ul style="list-style-type: none"> <li>Friday</li> <li>Time: 1:30pm</li> <li>Location: Multipurpose Room</li> <li>Instructor: Jean Chang</li> </ul> <p>Beginners to Advanced players</p> <p><b>Mini Cardio Exercise Class</b></p> <ul style="list-style-type: none"> <li>Tuesday &amp; Thursday</li> <li>Time: 8:45am - 9:15am</li> <li>Room: 302</li> <li>Instructor: Roger Hixson</li> </ul> <p><b>Piano Lessons</b></p> <ul style="list-style-type: none"> <li>Friday's</li> <li>Time: 9:00am-11:30am</li> <li>Room: Multipurpose Room</li> <li>Instructor: Freda Karsnak</li> <li>Fee: \$15.00 paid to instructor</li> <li>Call to schedule appointment 423-292-2711</li> </ul> <p><b>Quilting</b></p> <ul style="list-style-type: none"> <li>Monday</li> <li>Time: 9:00am - 10:30am</li> <li>Location: Room 303</li> <li>Instructor: John Plutchak</li> </ul> <p><b>Renaissance Strings</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 10:00am - 11:00am</li> <li>Location: Atrium</li> <li>Instructors: Lucile Hincke and Jan Fenelon</li> </ul> <p>*****</p> <p>Join us for SMILE,          "Seniors Making Individual Lives Exciting",          a monthly meeting taking the place of          Good Neighbors. This will be a once a          month group meeting to start.          We will discuss volunteer          opportunities and training.          Exciting things are on the way so please          plan to be at the first meeting on          Thursday, February 20, 2014 at 12:30.          Room 239          Please stop by or call the office and let us          know you plan to attend. This group is for          anyone who is interested in volunteering!</p>	<p><b>SilverSneakers Classic</b></p> <ul style="list-style-type: none"> <li>Monday, Wednesday &amp; Friday</li> <li>Time: 8:15am - 9:00am</li> <li>Location: Gym</li> <li>Low Impact Aerobics</li> <li>Instructor: Terri Bowling</li> </ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"> <li>Monday, Wednesday &amp; Friday</li> <li>Time: 10:15am - 11:00am</li> <li>Location: Gym</li> <li>Instructor: Terri Farthing</li> </ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"> <li>Tuesday, Thursday</li> <li>Time 9:30am - 10:30am</li> <li>Location: Gym</li> <li>Instructor: Kevin Lytle</li> </ul> <p><b>Tai-Chi</b></p> <ul style="list-style-type: none"> <li>Monday &amp; Wednesday</li> <li>Time: 8:30am</li> <li>Location: Senior center, Room 310</li> <li>Instructor: Hang Lei</li> </ul> <p><b>Woodcarving</b></p> <ul style="list-style-type: none"> <li>Thursdays</li> <li>Time: 9:00am - 12:00 noon</li> <li>Location: Room 303</li> <li>Beginners welcome</li> </ul> <p><b>Woodshop</b></p> <ul style="list-style-type: none"> <li>Monday, Wednesday, Friday</li> <li>Time: 9:00am-2:00pm</li> <li>Location: Woodshop</li> <li>Volunteer Instructors</li> <li>Complete woodshop. Safety test Required, given 1st Monday of each month at 9 am.</li> </ul> <p><b>Zumba</b></p> <ul style="list-style-type: none"> <li>Tuesday and Thursday</li> <li>Time: 8:15am</li> <li>Location: Gym</li> <li>Instructor: Terri Bowling</li> </ul>

# Winter Session Classes 2014

Classes begin week of January 6, 2014—week of March 24, 2014, unless otherwise noted.

**Aerobics**

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

**Basic Photography**

- Tuesday, Thursday
- January 14-January 28, 2014
- Time: 3:00pm-5:00pm
- Room 230
- Instructor: Claude Kelly
- Sign up in office

**Ballroom Video Class**

- Tuesday
  - Time: 4:30pm - 6:30pm
  - Room 302
- No instructor, practice to own

**Basic Woodworking**

- Tuesday / Thursday
- New class will be January 7—February 13
- 9:00 am— 11:00 am
- Location: Wood shop
- Instructor: Howard Osborne
- Fee: \$50.00 paid to instructor
- Will create 3 — 4 wood projects in 6 weeks
- Materials needed will be determined 1st class meeting
- Sign up in senior center office

**Basket weaving**

- Tuesday
- Time: 10:00am-1:00pm
- Location: Room 303
- Instructor: Lynne Bowers

**Belly Dance for Beginners (Women Only)**

- Thursday
  - Time: 11:30am-12:30pm
  - Location: Room 302
  - Instructor: Angela Price
- Must have 8 for class to begin. Please sign up at office.

**Belly Dancing - (Women Only)**

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

**Camera Club**

Please visit website for meeting times  
Instructor: Claude Kelly  
Website: [www.scphotogroup.com](http://www.scphotogroup.com)

**Ceramics**

- Tuesday and Thursday
- Time: 9:00am - 11:30am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- Please remember your annual \$10 firing fee**

**Clay (Throwing)**

- Monday
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Pay at signup; no refunds
- Sign up began December 9.
- Max 2 sign up per person
- Class will include un-instructed lab time on Tuesday’s (Jan 7– April 1) from 1-3 p.m. This lab time will be used for practice.

**Clay (Intermediate Hand building)**

- Wednesday
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Pay at signup; sign up began Dec. 9
- Max 2 sign-ups per person
- Pre-requisite must have taken beginning hand building.

**Clogging - (Beginning)**

- Thursday
- Time: 10:00am-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

**Clogging - (Intermediate)**

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

**Dulcimer (Beginners)**

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Learn to play this beautiful Instrument

**Exercise for Everybody**

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

# WINTER 2014 BRANCH SITE SCHEDULE

<p><b><u>Core Conditioning</u></b></p> <ul style="list-style-type: none"><li>• Tuesday and Thursday</li><li>• Time: 10:00am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Chris Hicks</li><li>• Great for all ages</li><li>• Gain core strength</li></ul> <p><b><u>Beginning Crochet</u></b></p> <ul style="list-style-type: none"><li>• Tuesday,</li><li>• 6 week class</li><li>• 11:00-12:00</li><li>• Instructor: Susan Egan</li><li>• \$25.00</li><li>• Must be right handed, call for materials list. 765-9047</li></ul> <p><b><u>Intermediate Crochet</u></b></p> <ul style="list-style-type: none"><li>• Tuesday</li><li>• 6 week class</li><li>• Instructor: Susan Eagan</li><li>• 12:00-1:00</li><li>• \$25.00</li><li>• Bring your own pattern</li></ul> <p><b><u>Beginning Drawing</u></b></p> <ul style="list-style-type: none"><li>• Wednesday</li><li>• Time: 10:00am - 12:00 noon</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Jo Anne McDonough</li><li>• Basic drawing class</li></ul> <p><b><u>Advanced Drawing</u></b></p> <ul style="list-style-type: none"><li>• Wednesday</li><li>• Time: 9:00am –11:00am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Jo Anne McDonough</li><li>• Must have taken the beginning class or have permission of the instructor</li></ul> <p><b><u>Line Dance - Beginning</u></b></p> <ul style="list-style-type: none"><li>• Monday</li><li>• Time: 11:30am - 12:30pm</li><li>• Location: Boys/Girls Club</li><li>• Instructor: Lyna Faye McConnell</li></ul> <p><b><u>Line Dance - Intermediate</u></b></p> <ul style="list-style-type: none"><li>• Monday</li><li>• Time: 12:45pm –1:45pm</li><li>• Location: Boys/Girls Club</li><li>• Instructor: Lyna Faye McConnell</li><li>• Faster-paced, less instruction for advanced dancers.</li></ul>	<p><b><u>Advanced Yoga</u></b></p> <ul style="list-style-type: none"><li>• Tuesday and Thursday</li><li>• Time: 11:00am - 11:30am</li><li>• Location: First Broad Street UMC Rec. Room</li><li>• Instructor: Tish Kashdan</li></ul> <p><b><u>Private Personal Training with Chris</u></b></p> <ul style="list-style-type: none"><li>• Call for appointment ~ 723-9967</li><li>• Call for prices</li><li>• Instructor: Chris Hicks</li></ul> <p><b><u>Artist and Crafters Monthly Breakfast</u></b></p> <ul style="list-style-type: none"><li>• 2nd Tuesday</li><li>• 9:30am</li><li>• Lynn View Branch Site</li><li>• Please call for reservation 765-9047</li></ul> <p><b><u>Strength Training</u></b></p> <ul style="list-style-type: none"><li>• Tuesday and Thursday</li><li>• Time: 9:00am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Chris Hicks</li></ul> <p><b><u>Yoga</u></b></p> <ul style="list-style-type: none"><li>• Tuesday and Thursday</li><li>• Time: 11:30am - 12:30pm</li><li>• Location: First Broad Street UMC</li><li>• Instructor: Tish Kashdan</li></ul> <p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"><li>• Tuesday 10:45am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: BJ Goliday</li><li>• Minimum of 8 students required</li></ul> <p><b><u>SilverSneakers Muscular Strength and Range of Movement</u></b></p> <ul style="list-style-type: none"><li>• Monday and Wednesday</li><li>• Time: 10:00am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Chris Hicks</li></ul> <p><b><u>Piloxing</u></b></p> <ul style="list-style-type: none"><li>• Tuesday</li><li>• Time: 9:30am</li><li>• Location: Colonial Heights Baptist Church</li><li>• Instructor: Terri Bowling</li><li>• This class is a combination Pilates and kick boxing and is an intense workout.</li></ul> <p><b><u>* New Silver Sneakers Yoga beginning Soon at Lynn View Branch site. Watch for details!!!</u></b></p>	<p><b><u>Total Body Workout</u></b></p> <ul style="list-style-type: none"><li>• Monday and Wednesday</li><li>• Time: 9:30am</li><li>• Location: VO Dobbins Community Center Gym #2</li><li>• Instructor, Terri Bowling</li></ul> <p><b><u>Game Day</u></b></p> <ul style="list-style-type: none"><li>• 3rd Tuesday of Month</li><li>• Time: 12:00 noon</li><li>• Lynn View Cafeteria</li><li>• Group Leader: TBA</li><li>• Sequence and variety of board games</li><li>•</li></ul> <p><b><u>Pickleball</u></b></p> <ul style="list-style-type: none"><li>• Monday, Wednesday &amp; Friday</li><li>• Time: 1:00pm - 3:00pm</li><li>• Lynn View Branch Site</li></ul> <p><b><u>Silver Sneakers Yoga ***NEW</u></b></p> <ul style="list-style-type: none"><li>• 6 week class</li><li>• Wednesday</li><li>• Time: 11:00am</li><li>• Location: Colonial Heights Baptist Church</li><li>• Instructor: Darlene Taylor</li></ul> <p><b><u>Indoor Walking</u></b></p> <ul style="list-style-type: none"><li>• Monday - Friday</li><li>• Time: 9:00am - 12:00 noon</li><li>• Location: Colonial Heights Baptist Church walking track</li><li>• There will be a roster in the gym office at the church. Please sign the roster as with any other class.</li></ul>
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**Artists Wanted**

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information. Cindy at 423 392-8402 or Hannah at 423-765-9047. Visit our website [www.kingsportseniorartisancenter.com](http://www.kingsportseniorartisancenter.com) And like us on Facebook

<div data-bbox="108 475 677 615">  <p><b>Kingsport</b> <b>Adult Education</b></p> </div> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p><b>JOB SKILLS</b></p> <div data-bbox="124 1174 514 1442">  </div> <p><b><u>21ST CENTURY JOB SEEKING *NEW</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks</li> <li>• Fee \$100</li> <li>• Instructor: TBA</li> <li>• Wednesday 6:00pm - 8:00pm</li> <li>• Location: Computer Lab, Senior Center</li> <li>• Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview</li> </ul> <p><b><u>2008 National Electric Code (Commercial)</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee: \$70</li> <li>• Monday 6:00pm - 8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul> <p><b><u>2008 National Electric Code (Residential) Begins 1/13/14</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee \$70</li> <li>• Monday 6:00pm-8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul>	<p><b><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></b></p> <ul style="list-style-type: none"> <li>• Part I</li> <li>• 10 Weeks</li> <li>• Fee: \$165</li> <li>• Tuesday 6:00pm - 9:00pm</li> <li>• Instructor: Jim Dotson</li> <li>• Location: Multipurpose Room, Renaissance Center</li> </ul> <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.</p> <p><b><u>CULTURAL/ARTS/CRAFTS</u></b></p> <p><b><u>Card Making Workshop</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: TBA</li> <li>• Fee: \$10/includes materials</li> <li>• Location: Lynn View Community Center</li> </ul> <p>You will make five cards and take materials home to make five additional cards.</p> <p><b><u>Beginning Chinese Class</u></b></p> <p>Wednesdays 11 classes (Begins Jan 15) 4:00 P.M. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p>Thursdays 11 classes (Begins Jan 16) 4:30 p.m. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><b><u>Intermediate Chinese Class</u></b></p> <p>Wednesdays 11 classes (Begins Jan 15) 5:15 P.M. Instructor: Jean Chang Fee: \$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><b><u>HEALTH/EXERCISE</u></b></p> <p><b><u>Personal Training with Chris</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: Chris Hicks</li> <li>• Available by the hour or as package</li> <li>• Contact Chris (423-741-5643)</li> </ul>	<p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks (Begins Jan 16)</li> <li>• \$25 fee per session</li> <li>• Thursday, 5:15pm</li> <li>• Instructor: Becky Mills</li> <li>• Location: Lynn View Community Center, Cafeteria</li> </ul> <div data-bbox="1352 749 1729 1090">   </div> <p><b><u>Piloxing</u></b></p> <ul style="list-style-type: none"> <li>• Tuesday, 6:00pm (Begins Jan 14)</li> <li>• Instructor: Becky Mills</li> <li>• Limited to 15 participants</li> <li>• Location: Kingsport Renaissance Center</li> <li>• \$30.00 payable first night of class</li> </ul> <p><b><u>DANCE CLASSES</u></b></p> <p><b><u>Beginning Line Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks class (Begins Jan 23)</li> <li>• Fee: \$25</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Thursday, 6:30pm - 8:00pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Couples Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks class (Begins Jan 22)</li> <li>• Fee: \$25 or free if you take Line Dance class</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Wednesday, 6:30pm - 8:00pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Salsa Dance</u></b></p> <ul style="list-style-type: none"> <li>• 4 weeks class (Begins February 4)</li> <li>• Tuesday and Thursday</li> <li>• Time: 1:30pm</li> <li>• Room 302, Renaissance Center</li> <li>• Instructor: BJ Goliday</li> </ul> <p>* Call for starting dates where not listed.</p>
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# Kingsport Senior Center

Presents a Fabulous Vacation To

## ***Branson, Missouri***

*A unique combination of neon and nature, where the stars in the theaters are as luminescent as the stars in the expansive night sky.*



### **Your 6 Day/5 Night Package Includes:**

- 5 Nights Hotel Accommodations
- 5 Breakfasts at your Hotel
- 3 Wonderful Dinners
- 2 Hotel Receptions with Hotel Food & Cold Beverages



### **5 Fabulous Shows in Branson such as:**

**Magnificent Seven** - *Singing, Dancing, Drama, Side Splitting Comedy, and 7 Decades of YOUR Favorite Music make the Magnificent 7 Variety Show a MUST - SEE Attraction!*

**The Pierce Arrow Show** - *With Pierce Arrow, talent overflows, from the World's lowest bass singers according to the Guinness Book of World Records, to masterful harmonies and expert entertainers.*

**The Showboat Branson Belle** - *Your lake cruise and Branson dinner show feature the exciting new stage production "Made In The USA!"*

**Buck Trent** - *Buck's multi-talented cast delivers non-stop action with bluegrass, gospel, country, and plenty of laughs.*

**And More...**

### **Shopping at Branson's Outlet and Specialty Malls including**

*The Yankee Candle Store & Kringle's - Missouri's largest Christmas shop*

Standard Taxes, Meal Gratuities and Baggage Handling

Deluxe Motor Coach Transportation

### **For Information and/or Reservations, Please Contact:**

**Marlana Williams @ 423-392-8405**

**Date of Trip:** June 15 – June 20, 2014

**Price:** \$699.00/Person – Double Occupancy

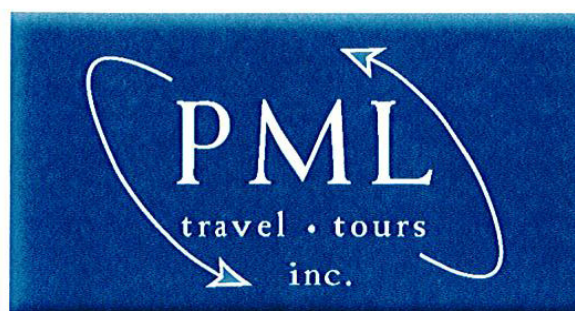
**Travel Protection:** Travel Protection can be purchased at \$79.00/person – double occupancy. If you wish to purchase Travel Protection, please send in a separate check made payable to PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits.

Fuel surcharges by all transportation companies may be assessed.

**Toll Free USA: 1.800.872.4868   Toll Free USA & Canada: 1.800.486.7651   websales@pmltours.com**

*Members Of: National Tour Association / Consumer Protection Plan / Cruise Lines International Association / American Bus Association*





## Kingsport Senior Citizens Center

Presents a Fabulous 10 Days/9 Nights Vacation To

### **San Antonio, TX / New Orleans, LA**

#### **Your Package Includes:**

9 Nights Hotel Accommodations including:

*4 Nights in San Antonio, 1 Night in New Orleans & 2 Nights in Tunica*

8 Breakfasts & 5 Fabulous Dinners to include:

**1 Dinner at the Rio Cibola Guest Ranch with A Twilight Hayride and**

**1 Dinner at the New Orleans School of Cooking**

**Hotel Reception with Hot Food & Cold Beverages**

**City Tour of San Antonio to Include The Alamo**

*Your tour of San Antonio will include visits to **San Fernando Cathedral, King Williams Historical District, the El Mercado Market** and much more!*

**The Imax Theater Featuring "Alamo – The Price of Freedom"**

**Explore the Famed San Antonio Riverwalk with Boat Cruise**

**Explore the Lyndon D. Johnson National Historic Park**

*While there tour the LBJ Ranch and see the "Texas White House"*

**Institute of Texan Cultures w/Guided Tour**

**Admission to National Museum of Pacific War**

*The National Museum of the Pacific War is the only institution in the continental United States dedicated exclusively to telling the story of the Pacific Theater battles of World War II. Located on a six-acre site, the Museum includes the **George Bush Gallery***

**Visit to the San Antonio Missions National Historical Park**

**Guided Tour New Orleans**

*See and experience all New Orleans has to offer. Learn about the history, the food, the music & jazz, culture, architecture and Katrina recovery.*

**New Orleans Natchez Riverboat Cruise**

**Tunica Casino Bonus Package\***

Standard Taxes, Meal & Driver Gratuities & Baggage Handling

Deluxe Motor Coach Transportation

**For Information and/or Reservations, Please Contact:**

**Marlana Williams @ 423-392-8405**

**Date:** September 21 – September 30, 2014

**Price:** \$1399.00 Per Person – Double Occupancy

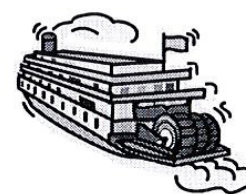
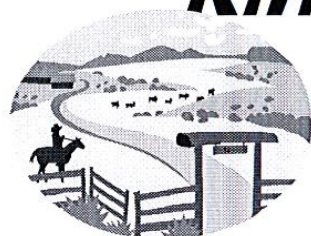
**TRAVEL PROTECTION:** Cancellation Policy is Severe. Travel Protection can be purchased at the time of initial deposit for **\$145.00** per person-double occupancy. Travel Protection, on an individual basis, should be forwarded to PML Tours as each person gives his or her initial deposit.

Fuel surcharges by all transportation companies may be assessed.

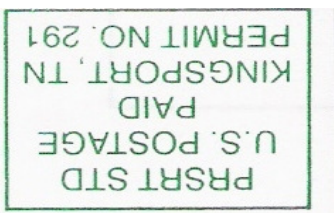
**\*Casino bonus packages subject to change at casinos discretion.**

**Toll Free USA: 1.800.872.4868   Toll Free USA & Canada: 1.800.486.7651   websales@pmltours.com**

*Members Of: National Tour Association / Consumer Protection Plan / Cruise Lines International Association / American Bus Association*







**Kingsport Senior Center**  
**1200 E. Center Street**  
**Kingsport, TN. 37660**  
**Phone: 423-392-8400**

# Are You Fit to Flirt?

Dating and Relationships in the 21st Century

**Tuesday, February 18**

**1:00p.m.-2:30p.m.**

**Theatre**

**FREE**

**Door prizes will be  
given and are sponsored by  
Lamplight Theater / Stir fry Cafe**

Will be welcomed with a dating quiz handout.  
1:05-1:20– Indian Path Health Resources Center  
Presents: Are You Healthy Enough for Dating  
(checklist)  
1:20-1:25– Dating Safety– Johnson City Police  
Department  
1:35-2:00– Online Dating Truths/Myths presented  
by Katie Baker, DrPH,MPH.  
(What to look for; secure sites)  
2:00-2:30– Refreshments provided by Visiting  
Angels

**Sponsored by:**

